

# CHINESE MAGIC





*"... cheese, milk's leap toward immortality."*

—CLIFTON FADIMAN

The special magic of cheese dates to its discovery about 4,000 B.C. Legend tells us a shepherd carried milk in a pouch. Rennet from the lining of that pouch, combined with heat from the sun, caused a separation of the milk into curds (solids) and whey (liquid). Behold and lo! The shepherd found the curds delicious.

Today's methods are systematized, sleek and efficient, but the process remains basically the same: rennet is added to milk to cause its separation into curds and whey. Out of this simple and surprising discovery have grown hundreds of cheese varieties to tempt every taste, nutrition to serve many needs and a form, both instant and convenient.

Cheese lends special magic to Bread and Things such as Morning Muffin, Appetizers, Gourmet Pizza and Ringlun Ditty (Rinctum Ditty or Rum Tum Tiddy), a variation of the old-time Welsh Rabbit.

Salads and Such take on exceptional appeal when Blue, Swiss, Cheddar or Mozzarella cheeses are added to them. Sweets and Stuff gain distinction when cheese is used, as witness a delectable Pineapple Cherry Cheesecake or shredded Cheddar enclosed with apples in a crumbly crust, called Pandowdy.

Cheese Creations are in a class by themselves. These dishes are unique because of the cheese used in them. Fondue and Soufflé are cheese originals.

Why not let these ideas point the way for your own creativity? Cheese can add the magic ingredient to your menus, lifting them from humdrum to high level.

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\*Illustrated on Pages 8 and 9.

All recipes from the test kitchen of American Dairy Association.

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CHEESE OMELET

## I. Cheese and Creativity

*These are the dishes to which cheese lends its particular brand of magic. They would not be the creations they are now without cheese.*

### Cheese Fondue

- 4 cups (1 lb.) shredded Cheddar cheese
- 1½ cups (6 oz.) shredded Provolone cheese
- ¼ cup all-purpose flour
- 2¼ cups apple juice or cider
- ½ teaspoon nutmeg

Mix cheeses with flour. Heat apple juice to boiling in saucepan. Stir in cheese a little at a time. Continue heating, stirring until cheese melts and forms a smooth mixture. Add nutmeg. Transfer to fondue pot. Serve with apple, pear and melon chunks for dipping. Yield: approx. 4 cups.



### Cheese Omelet With Currant Jelly

- 4 egg yolks
- Dash of white pepper
- 4 egg whites
- $\frac{1}{4}$  cup water
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon cream of tartar
- 2 teaspoons butter
- $\frac{1}{2}$  cup currant jelly
- $\frac{3}{4}$  cup (3 oz.) shredded Cheddar cheese
- 1 tablespoon butter, softened

Beat egg yolks and pepper until thick and lemon-colored. Beat egg whites, water, salt and cream of tartar until stiff but not dry. Fold yolks into whites. Melt butter in a 10-inch omelet pan or a 10-inch skillet with heatproof handle. Heat until just hot enough to sizzle a drop of water. Turn mixture into skillet. Cook over low heat on top of range until puffy and browned on bottom (about 5 minutes). Transfer to preheated 325 degree oven and bake 10-12 minutes or until knife inserted near center comes out clean. Meanwhile break up jelly with fork; mix  $\frac{1}{2}$  cup (2 oz.) cheese with butter. Remove omelet from oven and change oven to broil. Turn omelet onto heatproof platter. Score down the center with a spatula. Place jelly on bottom. Fold omelet in half and top with cheese-butter mixture. Sprinkle on remaining cheese. Broil until cheese melts. Serve immediately. 3 servings.

### Cheese Soufflé

- Butter
- Grated Parmesan cheese
- $\frac{1}{4}$  cup ( $\frac{1}{2}$  stick) butter
- $\frac{1}{4}$  cup all-purpose flour
- $\frac{1}{4}$  teaspoon salt
- Dash of cayenne pepper
- 1 cup milk

- 1 cup (4 oz.) shredded Cheddar cheese
- 1 cup (4 oz.) shredded Swiss cheese
- $\frac{1}{4}$  cup grated Parmesan cheese
- 6 egg yolks, slightly beaten
- 6 egg whites
- $\frac{1}{4}$  teaspoon cream of tartar

Butter well five 10-oz. soufflé dishes. Sprinkle enough Parmesan cheese in soufflé dishes to coat bottom and sides evenly; remove any excess. Melt butter; blend in flour, salt and cayenne pepper. Remove from heat; stir in milk. Heat to boiling, stirring constantly. Boil and stir one minute. Remove from heat and stir in cheeses until melted. If necessary, return to low heat to finish melting cheese. (Do not boil.) Blend a little of hot mixture into egg yolks; return all to saucepan and blend thoroughly. Transfer sauce to large bowl. Beat egg whites until foamy. Add cream of tartar and beat until soft peaks form. Fold egg whites into cheese sauce. Turn mixture into soufflé dishes, filling  $\frac{3}{4}$  full.

For a variation, fill 3 soufflé dishes  $\frac{3}{4}$  full with cheese mixture. Add approximately  $\frac{1}{3}$  cup chopped cooked poultry or seafood or chopped, cooked well-drained broccoli or spinach to the remaining mixture and fill 2 other soufflé dishes  $\frac{3}{4}$  full. For immediate service, bake one or more soufflés in preheated 350 degree oven, 30-35 minutes. Serve immediately. Carefully wrap remaining unbaked soufflés in freezer wrap and freeze up to one month. To bake frozen soufflé, unwrap and place directly from freezer into preheated 300 degree oven for about 1 hour and 10 minutes. 5 servings.

*Note:* When using extra large eggs, mixture will be sufficient for 6 individual soufflés.



HOT SEAFOOD SALAD

## II. Salads and Such

*Cheese imparts unique character to salads in texture and flavor. With fruits it has a special affinity, fostered by centuries of tradition in good taste.*

### Pizza Salad

- 1 jar (6 oz.) marinated artichoke hearts
- 1 bunch romaine
- 1 head iceberg lettuce
- $\frac{1}{4}$  cup vinegar
- $1\frac{1}{2}$  teaspoons crushed oregano
- $\frac{1}{2}$  teaspoon salt
- 1 clove garlic, crushed
- 1 green pepper, cut in strips
- 1 package (10 oz.) Mozzarella cheese, cut in julienne strips
- 6 slices salami, cut in eighths
- 12 cherry tomatoes, halved
- $\frac{1}{4}$  pound thinly sliced fresh mushrooms

Drain artichoke hearts, reserving marinade. Remove outer leaves of romaine to line salad bowl. Tear 3 cups romaine and 5 cups lettuce; toss together and chill. To prepare dressing: Combine marinade, vinegar, oregano, salt and garlic. Set aside to blend flavors. To serve: Line a large salad bowl with romaine leaves. Fill with chilled greens. Arrange artichoke hearts, green pepper, cheese, salami, tomatoes and mushrooms over the top. Pour dressing over salad. 8 servings.

### Hot Seafood Salad

- 2 cups cut-up cooked shrimp  
(1 lb. frozen package)
- 2 cups cubed Brick cheese
- 1 cup chopped celery
- $\frac{1}{4}$  cup toasted, slivered almonds
- $\frac{1}{4}$  cup chopped green pepper
- 1 cup dairy sour cream
- $\frac{1}{4}$  cup crumbled Blue cheese
- 2 tablespoons minced onion
- 2 tablespoons fresh lemon juice
- 1 teaspoon salt
- $\frac{1}{2}$  cup cornflake crumbs
- 2 tablespoons butter, melted

Combine shrimp, Brick cheese, celery, almonds and green pepper; set aside. Blend together sour cream, Blue cheese, onion, lemon juice and salt. Blend well with shrimp mixture. Spoon about 1 cup of mixture into 6 individual baking shells or ramekins. Combine crumbs and butter; sprinkle over top. Bake in preheated 300 degree oven, 10-15 minutes or until just heated. Garnish with whole shrimp and lemon wedge, if desired. 6 servings.

### Cheese Apple Salad

- $\frac{3}{4}$  cup dairy sour cream
- 1 teaspoon fresh lemon juice
- $\frac{1}{3}$  teaspoon salt
- 2 medium tart apples
- $\frac{1}{2}$  cup diced Swiss cheese
- $\frac{1}{2}$  cup shredded Cheddar cheese
- $\frac{1}{2}$  cup chopped celery
- $\frac{1}{3}$  cup halved red grapes
- $\frac{1}{4}$  cup coarsely chopped walnuts
- Salad greens

Blend lemon juice and salt into sour cream. Chill. Cut apples into thin slices leaving peel on; sprinkle with lemon juice. (For a more colorful salad use combination of red and

green apple.) Add Swiss and Cheddar cheeses, celery, grapes and walnuts; toss together. Just before serving, fold in sour cream to blend. Serve on salad greens, garnished with apple slices and grapes, if desired. Yield: 4 cups.

### Broiled Grapefruit

- 3 grapefruit
- $\frac{3}{4}$  cup shredded Cheddar cheese
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{2}$  cup dairy sour cream
- $\frac{1}{4}$  teaspoon ground nutmeg
- $\frac{1}{8}$  teaspoon salt
- 6 maraschino cherries

Preheat broiler. Halve grapefruits, remove center and cut around sections. Do not cut outer rim. Warm grapefruit under broiler. Combine cheese and brown sugar; sprinkle over grapefruit. Broil until mixture melts and is bubbly. Blend nutmeg and salt into sour cream. Top grapefruit with a dollop of sour cream; return to broiler to glaze. Top with cherry. Serve warm. 6 servings.

### Blue Cheese Pears

- $\frac{1}{3}$  cup dairy sour cream
- $\frac{1}{4}$  cup crumbled Blue cheese
- $\frac{1}{3}$  teaspoon sugar
- $\frac{1}{4}$  cup chopped pecans
- 3 fresh pears
- Fresh lemon juice
- Salad greens

Combine sour cream, cheese, sugar and 2 tablespoons pecans. Peel, halve and core pears; brush with lemon juice. For each serving place a pear half on salad greens; divide cheese mixture on top. Sprinkle with remaining nuts. 6 servings.



### III. Bread and Things

*Cheese with crackers, bread or rolls are compatible companions of long standing because their taste and texture complement each other in honest ways.*

#### **Blue Cheese Beef Balls**

- 1 package (5 oz.) smoked sliced beef
- 1 package (8 oz.) cream cheese, softened
- 2 tablespoons crumbled Blue cheese
- 1 tablespoon minced onion
- 1 tablespoon prepared horseradish, drained
- Parsley, chopped

Shred beef in blender or chop finely. Mix cream cheese and Blue cheese. Add shredded beef, onion and horseradish. Chill for ease in handling. Form into balls using 1 tablespoon mixture for each. Roll in chopped parsley. Refrigerate until ready to serve. Yield: 24.

#### **VARIATION**

Dip: Add 2 tablespoons dairy sour cream to mixture.





### Cheese-Stuffed Mushrooms

- 20 fresh mushrooms, 1½ inches in diameter
- Fresh lemon juice
- Salt
- 1 cup (4 oz.) shredded Cheddar cheese
- ¼ cup crushed herb seasoned croutons
- Bacon, cooked

Pull stems from washed mushrooms. Dip mushroom caps in lemon juice. Lightly sprinkle cavity with salt. Mix cheese and croutons; spoon into mushrooms. Top each filled mushroom with a small square of bacon. Place on baking sheet; bake in preheated 400 degree oven, 10-12 minutes. Yield: 20.

### Cheese Chutney Squares

- 5 slices sandwich bread, toasted
- Butter, softened
- Tomato OR fruit chutney
- ¾ cup (3 oz.) finely shredded Cheddar cheese
- ½ teaspoon Worcestershire sauce
- 1 egg white

Butter toast; trim crusts; cut each slice into 4 squares. Place on baking sheet; place about ¼ teaspoon chutney on each square. Mix cheese with Worcestershire sauce. Beat egg white until peaks fold over. Fold cheese into egg white. Spoon onto squares. Broil until puffed and golden brown. Garnish with cherry tomato wedge and parsley, if desired. Yield: 20.

### **Cheddar Cheese Candle**

- 2½ cups (10 oz.) shredded Cheddar cheese, at room temperature
- 2 tablespoons milk
- Finely chopped nuts (optional)
- Orange OR lemon peel

Beat cheese; gradually add milk. Shape cheese mixture into candle shape. Decorate with nuts, if desired. Cut orange peel in shape of flame for top of candle. Refrigerate. Before serving, allow to come to room temperature. Use as a spread on crackers. Yield: 1¼ cups.

### **Cheese Shrimp Triangles**

- 1 cup (4 oz.) shredded Cheddar cheese, at room temperature
- ¼ cup milk
- 1 can (4½ oz.) medium shrimp, drained, rinsed and cut up
- ¼ cup finely chopped green pepper
- 2 tablespoons finely chopped onion
- ⅛ teaspoon basil
- 8 slices toast
- Softened butter\*
- Pimiento-stuffed olive slices

Beat cheese; gradually add milk and beat until smooth. Stir in shrimp, green pepper, onion and basil. Remove crusts and butter toast. Spread about 2½ tablespoons cheese mixture on each slice. Cut crosswise to form 4 triangles. Garnish with an olive slice and whole shrimp, if desired. (This will require an additional can of shrimp.) Yield: 32.

### **Morning Muffin**

- 2 English muffins, split
- 4 slices Canadian-style bacon, ¼ inch thick
- 4 slices pineapple
- 4 slices (1 oz. each) Swiss cheese

Place muffins and bacon on broiler pan; broil. Remove muffins when toasted, butter; keep warm. Turn bacon; add pineapple slices and broil until bacon is done and pineapple warm. Place bacon on muffin. Top with pineapple slice. Cut cheese in half. Place two halves over each sandwich. Broil until cheese melts. Garnish with paprika and parsley. Makes 4 servings.

### **Gourmet Pizza**

#### **CRUST:**

- 2⅔ cups all-purpose flour
- ⅓ cup grated Parmesan cheese
- 2½ teaspoons baking powder
- 1 teaspoon salt
- ¼ cup (½ stick) butter
- ¼ cup lard
- ¾ cup milk

#### **FILLING:**

- 2 pounds mild Italian sausage
- 1 can (8 oz.) tomato sauce
- 1 teaspoon oregano
- 1 teaspoon sweet basil, crumbled
- 1 clove garlic, minced
- 4 medium tomatoes, thinly sliced

#### **Green pepper strips**

- ½ pound small fresh mushrooms, thickly sliced
- 4 cups (1 lb.) grated Mozzarella cheese
- 2 tablespoons grated Parmesan cheese

To prepare Crust: Combine flour, ⅓ cup Parmesan cheese, baking powder and salt. Cut in butter and lard until mixture resembles coarse meal. Gradually add milk; mix at low speed on electric mixer until mixture leaves sides of bowl. Gather dough together and press into ball. Knead dough in bowl 10 times or until smooth. Divide in half. On

lightly floured surface, roll each half into 13-inch circle. Transfer to two 12-inch pizza pans, buttered and dusted with Parmesan cheese; crimp edges. Partially bake in preheated 425 degree oven, 9 minutes. Remove to wire rack to cool. To prepare Filling: Break sausage in bits into skillet and lightly brown, stirring occasionally. Divide cooked sausage into two portions. Mix together tomato sauce, oregano, basil and garlic. Assemble each pizza as follows: Evenly distribute one-half of the sauce over the bottom, one-half of the sausage; sprinkle over 1 cup Mozzarella cheese. Arrange a layer of tomato slices, pepper strips and mushroom slices on top. Over all sprinkle 1 cup Mozzarella cheese and 1 tablespoon Parmesan cheese. Bake in preheated 425 degree oven, 20-25 minutes. Yield: 2 pizzas.

### Breakfast Welsh Rabbit

6 strips bacon, cooked  
 $\frac{1}{4}$  cup ( $\frac{1}{2}$  stick) butter

$\frac{1}{4}$  cup all-purpose flour  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon dry mustard  
Dash of cayenne  
2 cups light cream OR half  
and half  
2 cups (8 oz.) shredded Cheddar  
cheese  
4 cups Delicious apples, thinly  
sliced (about 4 medium)

Crumble 3 strips bacon; cut 3 in half for garnish; set aside. Melt butter in a 2-quart saucepan. Blend in flour, salt, mustard and cayenne. Cook over low heat until mixture is smooth. Remove from heat. Stir in cream. Heat to boiling, stirring constantly. Boil and stir one additional minute. Remove from heat; stir in crumbled bacon and cheese just until cheese is melted. If necessary, return to low heat to finish melting cheese. (Do not boil.) Yield: 3 cups. Arrange  $\frac{2}{3}$  cup apple wedges in pin-wheel fashion on serving plate; pour  $\frac{1}{2}$  cup sauce over wedges. Garnish with bacon. 6 servings.

### GOURMET PIZZA

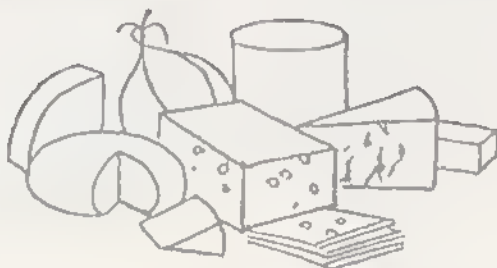


### Oh Boy Farm Boy

- 1½ pounds fresh (bulk)  
pork sausage
- 2 to 3 tablespoons water
- 1 teaspoon butter
- ¾ cup washed, well-drained,  
chopped sauerkraut
- ½ teaspoon caraway seed
- 6 slices (1 oz. each)  
Swiss cheese
- 6 hamburger buns, split,  
toasted and buttered
- 18 slices pimiento-stuffed  
green olives

Form pork sausage into 6 patties about ¾ inch thick. Place patties

and water in cold frying pan. Cover tightly and cook slowly 5 minutes. Remove cover. Pour off drippings. Cook patties until brown. Melt butter in saucepan. Add sauerkraut and caraway seed. Cook slowly until heated through, stirring occasionally. Place sausage patties on broiler rack. Top each patty with a slice of Swiss cheese. Broil 3 inches from heat until cheese is melted slightly. Place 2 tablespoons sauerkraut-caraway mixture on bottom half of each bun. Place sausage patty and cheese on sauerkraut. Top each with 3 slices pimiento-stuffed olives. Add top half of bun. 6 servings.



## IV. Soups and Sauce

*Cheese accents the soup or enriches the sauce into which it's shredded, grated or melted.*

### Ringum Ditty

- ¼ cup (½ stick) butter
- 1 cup chopped onion
- 1 can (10¾ oz.) condensed  
tomato soup
- 1 pound shredded sharp  
Cheddar cheese
- 1 egg, slightly beaten
- ½ teaspoon Worcestershire sauce
- Dash of cayenne pepper
- Toast cups OR crackers

Melt butter in 10-inch skillet; sauté onion until tender. Add soup. Over low heat, gradually add cheese, stirring constantly until cheese melts. Blend a little cheese mixture into egg; return all to skillet. Add Worcestershire sauce and pepper. Keep hot. Serve in toast cups or on crackers. 8 servings.



RINGTUM DITTY

### Chicken Fromage

- $\frac{1}{4}$  cup ( $\frac{1}{2}$  stick) butter
- 2 cups sliced fresh mushrooms  
(about  $\frac{1}{2}$  pound)
- Fresh lemon juice
- $\frac{1}{4}$  cup chopped green pepper
- 1 can ( $10\frac{1}{2}$  oz.) condensed  
cream of celery soup
- $1\frac{1}{2}$  cups (6 oz.) shredded  
Cheddar cheese
- $\frac{1}{2}$  cup dairy sour cream
- 2 cups chopped, cooked chicken  
OR 2 cans ( $5\frac{1}{2}$  oz. each)  
boned chicken
- $\frac{1}{4}$  cup sliced stuffed olives
- Hot buttered cooked noodles

Melt butter in a large skillet. Sprinkle lemon juice over mushrooms. Sauté mushrooms and green pepper. Blend in soup, cheese and sour cream. Add chicken and olives. Heat over low heat to serving temperature. (Yield: 4 cups.) Serve with hot buttered noodles. 4 servings.

### Swiss-Accented Tomato Soup

Pour tomato soup into individual, ovenproof soup bowls. Top with toasted rye rounds. Sprinkle shredded Swiss cheese over the top and bake in preheated 350 degree oven, 10-15 minutes or until hot and cheese is melted.





## V. Sweets and Stuff

*Cheese contributes mellow ripeness to desserts that's not cloyingly sweet but satisfying to that proverbial tooth.*

### Pineapple Cherry Cheesecake

#### CRUST:

- 1½ cups zwieback crumbs  
(about 18)
- ⅓ cup sugar
- 2 teaspoons cinnamon
- ⅓ cup butter, melted

#### FILLING:

- 2 cans (8 oz. each) crushed pineapple in pure pineapple juice, drained
- 2 envelopes gelatin
- 3 egg yolks, slightly beaten
- ¾ cup sugar
- ¼ teaspoon salt
- ½ cup light cream OR half and half
- 1 carton (16 oz.) small curd cottage cheese
- 2 teaspoons grated lemon peel
- 1 tablespoon fresh lemon juice
- ½ cup maraschino cherries, chopped
- 1 cup whipping cream, whipped
- 3 egg whites

To prepare Crust: In a mixing bowl combine crumbs, sugar, cinnamon and butter until well blended. Press onto bottom and sides (about 2 inches) of 9-inch springform pan. Chill while preparing filling. To prepare Filling: Drain pineapple, reserving liquid. Soften gelatin in pineapple juice. In heavy saucepan combine egg yolks, sugar and salt. Gradually stir in cream. Cook over medium heat until mixture coats a metal spoon. Remove from heat. Stir in softened gelatin. Whip cottage cheese in blender until smooth or in mixing bowl beat at high speed until smooth, about 5 minutes. Add

lemon peel and juice to cottage cheese; fold into egg mixture. Chill until set. Fold in pineapple and cherries. Whip cream; fold into mixture. Beat egg whites until stiff but not dry; fold into mixture. Turn into pan. Chill until firm. Garnish cheesecake with pineapple slices cut into sections and maraschino cherries cut and stuffed with pineapple, if desired. 10 servings.

### Apple-Cheese Pandowdy

- 8 cups peeled, sliced cooking apples
- 1 cup (4 oz.) shredded Cheddar cheese
- ½ cup sugar
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ¼ teaspoon nutmeg

#### CRUST:

- 1¼ cups prepared biscuit mix
- 1 tablespoon sugar
- ¼ cup milk
- 2 tablespoons butter, melted
- Dairy sour cream

Combine apples, cheese, sugar, cinnamon, salt and nutmeg. Turn into buttered 1½-quart rectangular casserole. To prepare Crust: Combine biscuit mix and sugar. Stir in milk and butter. Roll on lightly floured surface ¼ inch thick and large enough to allow a small overlap around edge of casserole. Cut slits so steam can escape. Lift onto casserole; fold extra dough over and build up on rim of casserole. Flute edge. Bake in preheated 325 degree oven, 50 minutes. Serve with dollop of sour cream. 8 servings.



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